



Go Canada

Nearly 50 new Canucks welcomed at citizenship ceremony in Halifax

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Your essential daily news | THURSDAY, FEBRUARY 18, 2016

High 1°C/Low -12°C The sun returns

Richard Todd Adams, left, and Bryce Kulak in 2 Pianos 4 Hands.
JEFF HARPER/METRO



PIANO MEN

Neptune Theatre production hopes to hit all the right notes

metroNEWS

Police warnings vs. victim blaming

SEXUAL ASSAULT

Halifax police talk message after N.L. police come under fire for tweet

Canadian police forces are grappling with the tricky task of keeping the public safe against sexual assaults without placing blame on the victims of traumatic crimes.

It's a delicate balance, as the Royal Newfoundland Constabulary recently found out after a public advisory warning about drugged drinks and potential sexual assaults in downtown St. John's.

The advisory offered safety tips for women that included socializing only with trusted friends and never leaving a drink unattended — and the force followed up with a tweet showing a martini and the message "Don't be a victim."

"Classic example of #VictimBlaming ... Why not advise people not to drug each other?!" tweeted SPAAT, a

self-described feminist organization in St. John's.

"Why is it up to women to always be on guard?" asked another post.

"Let's educate people on ways to protect themselves from these predators, let's not condemn for trying to help," tweeted another.

The force was quick to defend its actions, saying it was not blaming victims, but merely spreading awareness and offering suggestions for prevention. It held a news conference the next day to respond to the criticism.

Halifax Regional Police have deliberately changed their messaging in the last couple of years when it comes to sexual assaults to place the focus on the actions of the perpetrator instead of the victim.

The force regularly seeks advice from the Avalon Sexual Assault Centre and has enrolled officers in trauma-informed training to better understand the emotions of victims.

Deputy Chief Bill Moore said more than ever, police are being held accountable for their actions — particularly when it comes to how they deal

“

Victims don't have control over other people's actions.

Jackie Stevens, executive director of the Avalon Sexual Assault Centre

with victims or potential victims.

"Words do matter," he said.

In the past, a press release may have stated that a sexual assault victim was walking late at night in a dark area. Now police focus on what the perpetrator was doing.

It's a slight change, but one that's important, said Moore. He said making victims feel comfortable and respected is especially important given that sexual assaults are one of the most under-reported crimes.

"At the end of this, in a lot of these cases, the victims have done nothing wrong. They're living their life and doing their thing. It's not for us to lay that level of blame on them."

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Closed door social media session was 'open': Mayor

CITY HALL

Councillors discuss impact of tweets, public image



Yvette d'Entremont
Metro | Halifax

The day after a three-hour closed door session to address concerns around Coun. Matt Whitman's social media use, Halifax Mayor Mike Savage described the discussion as open, frank and useful.

"You can't control what people say, nor can you really control what they put on social media. We just have to make sure that in the changing times in which we live we recognize that everything that we say, which includes what we post, has to represent how we want to be represented to the public as elected officials," Savage said.

"It's a changing dynamic and I think Coun. Whitman indicated that he has learned from it. And words have consequences, words have impacts on people that you may not anticipate when you either say them in person or put them online."

Whitman's social media use

Words have consequences, words have impacts on people that you may not anticipate. Mayor Mike Savage



Deputy Mayor Matt Whitman listens to proceedings at city hall during Halifax regional council's committee of the whole meeting Tuesday. JEFF HARPER/METRO

was thrust into the spotlight last week after two separate letters were sent to the mayor's office expressing concern over a Feb. 9 tweet in which Whitman criticized an RCMP officer for ticketing one of his con-

stituents. His tweet included the hashtags #PowerTrip and #GetALife.

"It's a difficult thing when an official complaint has been laid against a colleague of yours on council so you want to deal with it in the best possible way," Savage said.

"I would agree with what I saw the deputy mayor say, which is that it was a very

frank and open discussion and at the end of the day council agreed on a course of action."

That course of action was an apology, which Whitman honoured.

"I wouldn't want to have a prolonged discussion about social media in-camera. It wouldn't belong in-camera," Savage said. "This was largely around Matt, but I think a lot

RCMP

Officer hopes for dialogue

Scott Warnica was one of two citizens who sent a letter to the mayor's office last week outlining concerns about deputy mayor Matt Whitman's social media use.

Warnica, an RCMP officer, told Metro last week he was spurred to action after what he deemed "inappropriate comments" Whitman made on Twitter about a ticket Warnica issued to a resident who used a plow on an ATV.

Warnica wanted council to discuss whether Whitman's use of Twitter violated the code of conduct for elected officials. He also told Metro he wanted Whitman to apologize for his online remarks.

On Wednesday afternoon, Warnica said although he hadn't yet communicated directly with Whitman, he was willing to accept the apology.

"I have reviewed the media coverage surrounding (Tuesday) evening's council session and would like to thank council for dealing with the issue so quickly and effectively," Warnica said in an email.

"I am pleased the deputy mayor has apologized for his behaviour and I am hopeful the deputy mayor and I can meet in the next few days to discuss this incident and to map out a plan to move forward with regard to policing issues in his district area."

YVETTE D'ENTREMONT/METRO



I am pleased the deputy mayor has apologized.

Scott Warnica



Mayor Mike Savage

JEFF HARPER/METRO

of us had different learnings and take-aways from it."

When asked about walking the line between free speech and upholding a code of conduct expected of elected officials when using social media, Savage said there are two considerations.

"One is the actual code of conduct itself. What the rules are is one thing. The other part of it is your own personal code and how you want to represent yourself to your constituents and to a wider audience as an elected official," he said.

"Sometimes that's not governed by a code that's written in legislation or administrative orders, it's something that's in your heart and your soul and your mind and you have to govern it yourself to some extent. I think we all try to deal with that in terms of how we manage our social media presence."

DARTMOUTH

Man charged with attempted murder, confinement

A 25-year-old man is facing charges of attempted murder after a Dartmouth stabbing last week.

Halifax Regional Police were called to the 0-100 block of Thistle Street for a report of a man who had been stabbed following an altercation with a man he knew around 9 a.m. Friday.

Officers arrived and found a 26-year-old Halifax man suffering from stab wounds. He was taken to hospital for treatment of life-threatening injuries.

On Wednesday, police said they have charged 25-year-old Charles Henry Whebbly of Dartmouth with attempted murder, unlawful confinement, and possession of a weapon dangerous to public peace. METRO

CRIME

Victim in hospital after campus stabbing



Philip Croucher
Metro | Halifax

The principal at the NSCC Akerley campus in Dartmouth said a stabbing at his school around lunchtime Wednesday took place inside the cafeteria.

Greg Russell said there was a fight between two students, which was quickly broken up

by campus security.

"It was pretty brief, from what I understand," said Russell. "There appeared to be a puncture wound that one student complained about."

Police say they have a man in custody from the incident, which happened just before noon.

Police say the two people involved in the fight know one another, and the victim suffered a stab wound.

The man was taken to hospital for treatment of non-life threatening injuries.

Russell said there was no threat to the campus' general population from the incident.

Halifax Regional Police spokeswoman Const. Alicia Joseph said in an interview she didn't have much new information to offer, but added the call about the incident was regarding a weapons complaint.



Police outside NSCC Akerley campus on Wednesday.

JEFF HARPER/METRO

FOOD PACKAGING

High Liner cutting Massachusetts jobs

High Liner Foods Inc. is ceasing some of its operations at an underused seafood plant in New Bedford, Mass., in a move that affects about 200 jobs.

The plant's value-added fish operation, which will end operations by September, has 35 salaried employees and 167 hourly workers. The scallop portion of that operation, which will continue to operate, has an additional 25 employees.

The Nova Scotia-based company says its Lunenburg plant, and two other plants in the United States, have sufficient capacity to make up for the lost output at New Bedford.

"In 2015, we made good progress ... and sufficiently increased capacity at our Lunenburg, Portsmouth and Newport News facilities such that they are able, collectively, to absorb the production of our New Bedford facility and still provide sufficient capacity," said Keith Decker, High Liner's CEO and president.

+ SALES DOWN

High Liner announced Wednesday that sales for its 2015-16 financial year totalled \$1 billion, about \$50 million less than the prior year. For the fourth quarter ended Jan. 2, sales were down about \$22 million at \$224.9 million US.

The company, which reports in U.S. currency, estimates the move will reduce annualized operating costs by about \$7 million US. It expects to recognize \$5 million of one-time costs, including the impact on employees and inventories.

THE CANADIAN PRESS

MURDER CHARGE

Mackenzie back in court next month

A 36-year-old man accused of murdering Nicole Campbell will return to court in March.

Robert Jason MacKenzie of New Glasgow made a brief court appearance Wednesday, during which time his lawyer asked for an adjournment to review more disclosure that is coming forward in the case.

His lawyer also mentioned that his client has asked for a legal aid certificate so he can hire a lawyer of his choice.

In the past, legal aid had granted such certificates for people accused of first- or second-degree murder, but now that policy doesn't exist and legal aid staff handle the cases.

His lawyer said he will bring the issue to legal aid for review.

MacKenzie is charged with



Robert MacKenzie TC MEDIA

the second-degree murder of Campbell, 33, found in a New Glasgow apartment Dec. 30.

He was sent for a 30-day psychiatric assessment in January to determine if he was not criminally responsible at the time of the alleged offence and if he is fit to stand trial. TC MEDIA



Issac Davies, left, accepts a flag from RCMP Const. Ron Helpard Wednesday. Issac and his brother Ethan were born in Canada; parents Charlotte and Huw Davies, who came from the U.K., both became Canadian citizens Wednesday. YVETTE D'ENTREMONT/METRO

48 new Canadians full of pride, hope

CEREMONY

Immigrants take vows of citizenship



Yvette d'Entremont
Metro | Halifax

Proudly sporting white and red, Reem Alakeeb and two of her three children officially became Canadian citizens during a ceremony in Halifax on Wednesday morning.

"Canada is a great country and so, when we were in Iraq, our dream was to come here and to settle down in Canada

and be part of this lovely community," Alakeeb said in an interview following the citizenship ceremony.

Her youngest daughter, Jana, was born here. But Alakeeb and her eight-year-old twins Abdulla and Haya officially became Canadians after living here for the past four years.

"We are so, so happy and we are so proud of our decision to come to Canada as immigrants and now we are officially Canadian citizens and it is wonderful," she said.

The Alakeeb family were among 48 newcomers to receive Canadian citizenship at the ceremony.

"Some of you have had to escape from war-torn homelands.

It is overall a very homey country and a very welcoming country.

Rituparna Kanungo

Most of you have had to leave friends and family members behind or perhaps walk away from property and possessions from the land of your birth," citizenship judge Ann Janega said prior to the oath swearing.

"Others have been a firsthand witness to the inhumanity and cruelty that here in Canada we only hear about

on the news."

Janega spoke with each new citizen as she handed them their certificates, asking about their country of origin and how they were enjoying Nova Scotia.

The official new Canadians originally came from 18 countries that included the U.S., Britain, Lebanon, Afghanistan, Bhutan, Egypt, China, the U.K. and South Africa.

"I think I just felt like I joined a big family, a family that seems to be very diverse," said new Canadian Rituparna Kanungo.

"I come from India, which is also a country of unity and diversity, so I hope I'm bringing that same feeling here in Canada."

IN BRIEF

Crash kills man on Lingan

Cape Breton Regional Police say a male driver died at the scene of a collision on Lingan Road, near the area formerly known as the radar base.

Police responded to the accident at about 12:35 p.m. Wednesday. METRO

Lake search may resume

The search for a 26-year-old New Ross man, last seen when his snowmobile broke through ice on Black River Lake last Saturday, could resume on Thursday. Kings District RCMP

Const. Kelli Gaudet said the RCMP Underwater Recovery Team visited the location on Tuesday, but divers were unable to go in the water due to the warm weather conditions.

"The ice was too soft," she said. "They were on scene but did not end up searching."

Several snowmobilers went through the ice shortly before 10 p.m. last Saturday. Neighbours helped with the rescue efforts in the minutes that followed, but one man wasn't found. TC MEDIA

PROVINCIAL POLITICS

Former Tory MLA joins McNeil's Liberals

A Nova Scotia member of the legislature, who left the Progressive Conservative caucus nearly two years ago after a clash with the party's leader, has joined the Liberals.

Premier Stephen McNeil made the announcement about Chuck Porter Wednesday, saying no promises had been made to the politician to entice him into his caucus.

"I've not made a deal with anyone to join our caucus at any time to join our caucus ... I did not make a deal with Mr. Porter to join us," he said, adding that Porter hasn't been



Chuck Porter TC MEDIA

promised a cabinet post or membership on any legislature committees.

Porter sat as an independent after leaving the Tories in June 2014, representing the riding of Hants West, which includes the town of Windsor, N.S.

Conservative Leader Jamie Baillie said at the time the politician missed several caucus meetings and five public accounts meetings after the October election.

Porter said that he had discussed the absenteeism issue with McNeil and assured him that he won't be missing Liberal caucus meetings.

He said that he missed some meetings under the Tories be-

cause he wasn't well.

"At that time there were some health issues I was having and they (the Tory party) certainly were aware of that," he said.

Baillie was unavailable for comment, but caucus chair Pat Dunn sent an email saying the people of Hants West will have their opportunity to pass judgement on Porter's decision in the next provincial election.

"He will now have to defend the McNeil government's decisions," Dunn said in the release.

THE CANADIAN PRESS

'Music is bigger than the player'

ARTS

Greenblatt directs tale of two aspiring concert pianists



Haley Ryan
Metro | Halifax

Director Richard Greenblatt sees pianos when he looks at Neptune Theatre's latest play — but he's been corrected by those spotting chess, tennis and figure skating.

With previews this week, *2 Pianos 4 Hands* officially opens Friday night and runs until March 6.

Co-written by Canadians Ted Dykstra and Greenblatt, the play debuted in 1996 and traces the "semi-autobiographical" life of characters Richard and Ted, as they strive to be concert pianists and deal with the realization they might never make it.

"We were convinced it was just going to be for music nerds, or even worse, piano nerds," Greenblatt said with



Richard Adams, left, is Ted and Bryce Kulak is Richard in Neptune Theatre's production of *2 Pianos 4 Hands*. JEFF HARPER/METRO

a smile Wednesday after a media preview of the show at Neptune's Fountain Hall.

But after the first workshop, Greenblatt said a friend told them the show was about tennis — not the piano "at all" — since he'd lived the

same experiences with teachers, parents and pressures of that sport.

"People bring their own experience to it, even if they've never had a music lesson in their life," Greenblatt said.

Now in its 20th year, the

two-man play can be a challenge in finding the right actors to pull off the high-level piano skills, while juggling roughly 20 characters and a huge amount of dialogue, Greenblatt said.

Including different types

of music gets people nodding along, Greenblatt said, like seeing one character performing *My Funny Valentine* when auditioning to be a jazz faculty member, or Billy Joel's *Piano Man* in a scene where they feel they're destined to

end up in a piano bar.

Both Richard Adams as Ted and Bryce Kulak as Richard had performed the play before and had most of the dialogue and music memorized before getting together a week before the show opened in Halifax.

Adams said as it's nearly impossible to deliver a perfect performance because there are so many notes and lines of dialogue, the pressure comes off and adrenaline kicks in.

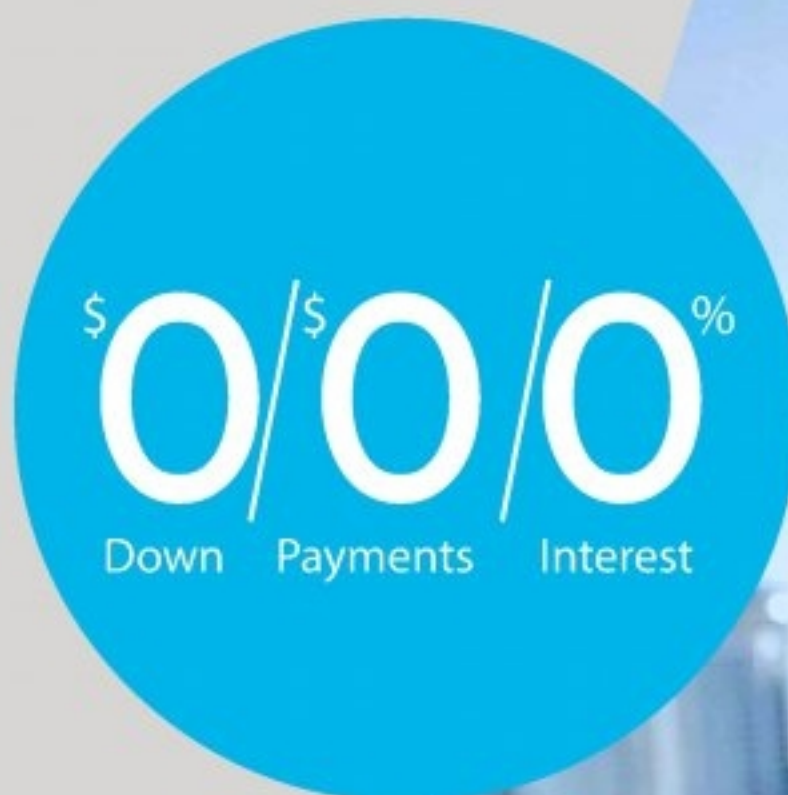
"It's not the point of the show. We're portraying characters who are striving towards something, so it shows their humanity to have them be imperfect," Kulak added.

Greenblatt said many people give up childhood passions when they realize they might never make the NHL or be a chess master — but why stop there?

"Just because you're not a concert pianist doesn't mean you shouldn't play the piano," Greenblatt said.

"The music is bigger than the player. That's just part of life, and you should enjoy it for its own sake."

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Tall order to fuel, feed the north



Whether it's fuelling 120 snowmobiles or 120 soldiers, it's a tall order in the high Arctic.

Tim McCagherty, chief of arctic logistics at the Polar Continental Shelf Program (PCSP) in Resolute Bay, said the planning to supply operations like the Canadian Armed Forces' (CAF) ongoing Arctic Ram exercise starts more than a year in advance.

"We (had) a rough idea of some of the activities the CAF would be doing this spring, so actually in January last year



Planning to fuel up snowmobiles for Arctic Ram started a year in advance to keep costs down.

BRAEDEN JONES/METRO

we put in fuel orders," he said. "That was then procured, went to Valleyfield (in Quebec), was loaded onto the sea-lift boats and was received here in September of last year."

Having that fuel specifically allocated for Arctic Ram and stored up north guaranteed the Arctic Response Company Group (ARCG) could take snowmobiles and fuel more than 150 kilometres north of the PCSP and Arctic Training Centre (ATC) compound to complete the exercise.

Without the foresight to ship the fuel by boat, costs would rise significantly if fuel were air-lifted.

"I believe sea-lift last year was about \$484 per tonne," McCagherty said. "So in comparison, to air-freight — for example from Ottawa to Resolute Bay on scheduled air service — is about \$16 or \$17 per kilo, so (there's) considerable saving."

Out in the field, the reservists with the ARCG are eating Spartan rations cooked in pressure cookers over camp stoves, or heated by chemical warming pouches.

But at the shared PCSP-ATC meal hall, the menu more closely resembles a typical university cafeteria.

There's a variety of hot meals with everything from chicken dinners to roast beef, as well as chili and home-made soups, plus

a full salad bar and an abundance of fresh fruit.

Perishables obviously can't be stored long, so flights related to the operation are filled to maximum payload and often serve multiple purposes.

"The ATC brought up a bunch of staff to prep the snow machines, to do maintenance," McCagherty said. "On that charter, because we knew our numbers were going to be elevated... we actually used the (plane) to move that fresh fruit product into Resolute Bay, and then used it to haul their members back (South)."

"We actually utilized that aircraft fully, again cost split between the two (PCSP and ATC) so everybody benefits from it."

The plane came from Yellowknife, the northernmost hub that receives truck-transported goods.

Food costs out of there are "a little bit more expensive" than Edmonton or Winnipeg, "but not considerably more expensive" because of the road access into Yellowknife.

+ COSTS

Prices in Iqaluit:

- 1 L of milk: \$2.50
- Loaf of white bread: \$5
- Head of lettuce: \$4



What you see at TedCruzForAmerica.com. SCREENGRAB

Another U.S. senator gets pranked online

POLITICS

Unofficial website makes jab at Ted Cruz's Canadian roots

The U.S. presidential race just got a little more amusing, if that's possible.

The usual hallmarks of a conservative Republican candidate — religious devotion to protecting gun rights no matter how bad the statistics get, relentless mentions of securing the border, maybe

some homophobic sentiment — are nowhere to be seen on TedCruzForAmerica.com. (Cruz's official website, tedcruz.org, continues to work).

Instead, the site is redirecting to the Canadian government's immigration page, which offers instructions on your eligibility and links to apply for citizenship.

Ironically, one of Donald Trump's most-commonly used barbs against Cruz is demanding he go back to Canada, his place of birth.

The redirect seems to be an attempt to undermine Cruz's political views, rather than a

simple humorous move offering Americans a way out if he wins the Republican nomination and subsequently, the presidency.

The domain has previously redirected to the Human Rights Commission and U.S. government's health-care website, featuring the finer points of Obamacare.

Cruz, and Republican presidential candidates en masse, have repeatedly disparaged Obamacare. The human rights redirect could be a reference to Cruz's views on abortion and criticism of Planned Parenthood.

TORSTAR NEWS SERVICE

+ INTERNET MISCHIEF

Website hijinks have been plaguing other presidential candidates:

Jeb Bush

Since Dec. 8, JebBush.com has been redirecting to Trump's website.

Donald Trump

Another website proclaims

to offer Americans an escape route into Cape Breton if Trump wins.

Hillary Clinton

HillaryClinton2016.com is packed with mock stories including: "Bernie Can Do It," "Liar Liar Pants on Fire," and "Hillary's Gender Fabrications."



Republican presidential candidate Sen. Ted Cruz.

GETTY IMAGES

IN BRIEF

Judge denies bail to convicted murderer

A judge has denied bail to convicted murderer Dennis Oland, saying releasing him pending his appeal would undermine public faith in the justice system.

Oland was sentenced last week to life in prison with no chance of parole for 10 years for the 2011 second-degree murder of his multi-millionaire father, Richard Oland, but had asked to be freed while he appeals his conviction.

THE CANADIAN PRESS

WHISTLER

Footage of ski lift rescue goes global



A chilling video of a child falling from a Whistler chairlift is making international headlines.

According to YouTube user Christopher Sakai, who posted the video Monday, the boy wasn't seated correctly on the Peak Express chairlift and was about to fall.

In the video, three people can be seen holding the boy up by his arms as he dangles from the chair.

"Luckily, the quick thinking of the lift operator stopped the lift and got six guys to save the child," Sakai wrote in the post.

The video ends as the boy falls onto a tarp held beneath him by a group of rescuers.

The video has since received nearly 40,000 views and interest from global news outlets.

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1 Danish aid worker Anja Ringgren Lovén and "Hope," saved from the streets of Nigeria.

2 Toddler Hope was abandoned by his family and left to die after he was accused of witchcraft.

3 "Hope is getting so much better," Lovén says.

ALL PHOTOS: COURTESY ANJA RINGGREN LOVÉN

SUB-SAHARAN AFRICA

Photos spur rescue of Nigerian 'witch' boy

Photos of a starving Nigerian toddler have inspired a flood of donations to a little-known aid organization that seeks to rescue the growing number of children accused of witchcraft.

Danish aid worker Anja Ringgren Lovén posted photos of the emaciated little boy, whom she named "Hope," on Facebook on Jan. 31. Lovén had received a tip that Hope, who was no older than three years old, was abandoned by his family and left to die in the streets after he was accused of witchcraft.

"When we heard that the

child was only two to three years old, we did not hesitate," Lovén told Huffington Post UK.

"A child that young cannot survive a long time alone on the streets. We immediately prepared a rescue mission."

Lovén founded the African Children's Aid Education and Development Foundation (ACAEDF) three years ago after travelling to Nigeria and being confronted with dozens of children such as Hope, she told the Huffington Post.

Hope was not her first rescue. In 2014, many media

"When we heard that the child was only two to three years old, we did not hesitate."

Anja Ringgren Lovén

outlets reported that ACAEDF had rescued two eight-year-old children who were accused of witchcraft by their family and tortured.

Poverty, the AIDS epidemic and wars have helped fuel the belief in witchcraft in sub-Saharan Africa, according to a 2010 report by UNICEF.

Often, children are blamed by those closest to them — their parents or guardians — for tragedies that are beyond their control, such as the death of a relative.

According to UNICEF, belief in witchcraft has been exploited by local churches and "pastor-prophets" who charge a fee to rid families of these malevolent spirits. TORSTAR NEWS SERVICE

Heat is on worldwide

METEOROLOGY

'Extraordinarily hot' weather is tied to climate change: Expert

Global average temperatures hit a record high last month, according to data released by NASA.

A record-breaking anomaly — an increase of 1.13 C — was also observed in January compared to the average temperature recorded between 1951 and 1980, NASA's Goddard Institute for Space Studies reported this week.

"It's a snapshot into the future," Deborah Harford, executive director of the Adaption to Climate Change team at Simon Fraser University, said about the value of the data.

"It's useful because it can help us plan now for what we need to prepare for. One of the major changes in climate projected by climate models is that we'll have warmer, wetter winters. The fact that it's a hotter January is a good example of that," Harford said.

She said "extraordinarily hot" weather in recent years is tied to man-made climate change and processes like El Niño and the Pacific Decadal Oscillation, an El Niño-like pattern of ocean temperature changes in the Pacific

Ocean basin.

A large band of territory across northern Canada, Alaska, Russia and the Arctic experienced the most pronounced warming last month, a map based on the recent NASA data showed. Temperatures in that area were 4 to 12.9 C warmer than the 1951-1980 average, NASA found.

According to Paul Beckwith, a part-time professor at the University of Ottawa specializing in abrupt climate change, the high Arctic is warming between five to eight times faster than the global average.

Beckwith said that warming in the Arctic is changing the behaviour of jet streams, which in turn influences the frequency, severity and duration of extreme

weather events like torrential rains and droughts.

Large parts of Canada have had very warm weather so far this winter, for example, while the East Coast has been hit with severe snowstorms due in large part to the evaporation of warmer surface water in the Atlantic Ocean, he said.

"The key point is the Arctic: What happens in the Arctic doesn't stay in the Arctic," Beckwith said.

And for the first time, global temperatures in 2015 were approximately 1 C above pre-industrial levels.

TORSTAR NEWS SERVICE

12.9 C

Temperatures in northern Canada, Alaska, Russia and the Arctic were 4 to 12.9 C warmer than the 1951-1980 average, NASA found.

REPUBLICAN RACE

'Torture works,' says Trump

"Torture works," Republican presidential front-runner Donald Trump declared Wednesday, repeating his vow to bring back waterboarding and approve other, tougher interrogation techniques.

"Don't tell me it doesn't work. Torture works, OK folks?" the brash billionaire told a crowd in South Carolina, site of the next Republican primary on Saturday.

Trump has repeatedly advocated enhanced interrogation techniques for foreign prisoners, and he said again Wednesday he would "absolutely" allow waterboarding, which simulates the feeling of drowning.

"But we should go much stronger than waterboarding," he said. "That's the way I feel. They're chopping off heads. Believe me, we should go much

"Waterboarding is fine, but it's not nearly tough enough."

Donald Trump

stronger because our country's in trouble, we're in danger. We have people that want to do really bad things."

"Waterboarding is fine, but it's not nearly tough enough," he added.

Waterboarding was practised until late in the George W. Bush administration but was disavowed by President Barack Obama. A 2014 Senate Intelligence Committee report concluded that harsh interrogation techniques failed to produce in-

formation the CIA couldn't have obtained elsewhere or didn't already have.

Trump's comments could further alarm some Republican leaders, who fear Trump or Texas Sen. Ted Cruz will collect the delegates needed to secure the party's nomination before a more mainstream candidate can consolidate voters' support. So-called establishment Republicans worry that Trump or Cruz could jeopardize the party's chances of winning in November's general election.

"We do need to get the field down to Trump, Cruz and somebody," said Henry Barbour, a Republican National Committee heavyweight from Mississippi.

Candidates Jeb Bush, John Kasich and Marco Rubio are jostling to be that more mainstream candidate. THE ASSOCIATED PRESS

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Recycling Ikea furniture

HOME DECORATING

Retail giant eyes expansion of trade-in drive to Canada

Ikea is looking at bringing a "take back" program to Canada that would allow customers to trade furniture purchased from the Swedish furniture giant in exchange for store credit.

Under the initiative, mirrored after similar environmentally friendly initiatives in France and Belgium, the retailer would then resell the items or recycle them.

"If we can have an impact on people's lives at home, we could have a huge impact on the environment," said Ikea Canada president Stefan Sjostrand at the opening of a pickup and order location in Whitby, Ont.

Sjostrand was part of the team that brought the program to France, and says the same could be done in Canada, where Ikea operates 12 stores and three pickup and order locations.

He conceded, however, that the program could still be years

away because Canadian stores don't have the capabilities to take back items now, even if only 10 per cent, or 2.7 million customers, returned their old furniture.

Last year, Ikea Canada had 25 million visitors in its stores and 75 million visits online.

The proposed initiative comes after Steve Howard, the head of sustainability at Ikea, told a conference in January that appetite for home furnishings in western countries has hit its "peak," prompting the world's largest furniture retailer to look at ways to encourage Ikea customers to repair and recycle.

Sjostrand said Ikea already has recycling programs for plastics, paper, light bulbs and mattresses in place in Canada, and was also the first retailer in the country to phase out the sale of incandescent light bulbs in favour of energy-saving LED bulbs.

Although it's taking a more planet-friendly approach to commerce, Sjostrand said this won't slow down its plan to open 12 more full-size stores over the next decade in Canada. The next location was recently announced for Halifax.



Bedding items are shown at Ikea's latest pickup and order store in Whitby, Ont., on Tuesday. The company is looking at bringing a "take back" program to Canada that would allow customers to trade furniture purchased from Ikea in exchange for store credit. DANE COOTE/THE CANADIAN PRESS

For Ikea, brick-and-mortar stores are still its largest sales driver, accounting for about 93 per cent of sales last year. Canada has the most Ikea pickup and order locations out of any country, with the others opened last year in Spain, Norway, Finland and the United Kingdom.

THE CANADIAN PRESS

If we can have an impact on people's lives at home, we could have a huge impact on the environment.

Stefan Sjostrand, Ikea Canada



BOMBARDIER

Company cuts 7,000 positions

Bombardier is implementing one of the deepest job cuts in its history by eliminating 7,000 positions — including more than a third in Canada — though it took pains Wednesday to train the spotlight on a large plane order with Air Canada.

The layoffs represent close to 10 per cent of Bombardier's global workforce and are expected to take place over the next two years.

"Today I feel we have done our homework," CEO Alain Bellemare said. "We are at the right place and I feel good about our ability to turn Bombardier around."

Amid the bad news, there was a sign that Bombardier could be reviving its fortunes: a letter of intent that could see Air Canada buy 45 CSeries 300 planes. THE CANADIAN PRESS

3,200

Of the 7,000 jobs, about 3,200 will be from the rail division.

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DIGITAL PRIVACY

Apple to fight order to unlock shooter's iPhone for FBI

Apple Inc. CEO Tim Cook says his company will fight a federal magistrate's order to help the FBI hack into an encrypted iPhone belonging to one of the San Bernardino, Calif., shooters. The company said that could potentially undermine encryption for millions of other users.

Cook's response, posted early Wednesday on the company's website, set the stage for a legal fight between the federal government and Silicon Valley with broad implications for digital privacy and national security.

U.S. Magistrate Judge Sheri Pym had ordered Apple to help

the FBI break into an iPhone belonging to Syed Farook, one of the shooters in the Dec. 2 attack that killed 14 people. Farook and his wife, Tashfeen Malik, died in a gun battle with police.

The ruling by Pym, a former federal prosecutor, requires Apple to supply software the FBI can load onto Farook's county-owned work iPhone to bypass a feature that erases the phone's data after too many unsuccessful attempts to unlock it.

Cook called the ruling an example of government overreach and said, "This moment calls for

public discussion, and we want our customers and people around the country to understand what is at stake."

"This software — which does not exist today — would have the potential to unlock any iPhone in someone's physical possession," Cook wrote.

The magistrate's order requires that the software Apple provides be programmed to work only on Farook's phone, and said Apple has five days to notify the court if it believes the ruling is unreasonably burdensome.

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Apple CEO Tim Cook.
THE ASSOCIATED PRESS FILE

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Join our online reader panel and help make your Metro even better.
metronews.ca/panel



Metro POLL

Internship injustice?

Visit metronews.ca to have your say.

One person's slave labour; another's sensational opportunity. Are unpaid internships experience or exploitation? The advocacy group representing Canadian interns has withdrawn from the federal government's consultations on how to improve protections for young workers because proposed changes to the Canada Labour Code would permit unpaid internships in federally regulated sectors. That is, as long as they last no longer than four months, primarily benefit the intern and don't replace a paid position. We asked our readers what they believe about the value of unpaid work.

1 Is it ever OK not to pay interns?



2 What's your experience with internships?

29% I've never been an intern
22% I've been an unpaid intern and it was terrible
17% A friend or family member has been an unpaid intern
15% I've been a paid intern
11% I've been an unpaid intern and it was great
6% Other



3 If you're against unpaid internships, what are your reasons?

17% They're adding to student debt
15% They don't actually lead to jobs
14% Only rich kids can get job experience
14% Employees will be replaced with unpaid interns
13% They do not provide adequate job protections
12% They increase inequality or drive down wages
9% They're just plain wrong
2% I'm not against unpaid internships
4% Other

I've been an unpaid intern and it was great — though I was only able to because I had money saved.

I'm a human being. Not a car that you can test drive!

Internships are expected of older workers doing job changes, not just for kids.

It poses a problem for students who already work part-time.

WE ASKED Metro readers

ROSEMARY WESTWOOD

metroview

No government has any business deciding who's press.

One year ago, Ezra Levant, king of right-wing punditry, launched a news website to "light a candle" after the death of Sun News Network.

He called it The Rebel, and promised to "rebel against the smug mainstream media.... Rebel against the idea that Jian Ghomeshi and Brian Williams are real journalists, but we're not, because we're direct-to-the-Internet."

Ghomeshi had been fired months before, but it was otherwise a prophetic statement: On Tuesday, Alberta's NDP government deemed that, no, The Rebel's staff are not real journalists.

"If you have testified under oath that you are not a journalist" — a disingenuous reference to Levant's claim to be a pundit, not a reporter — "then we don't consider you a journalist," it said in a statement, after banning two Rebel staff from press events in recent weeks.

Cue a national outcry over free speech. Cue Wednesday's backtracking of the ban: "It's clear we made a mistake," the premier's communications director said.

Indeed. No government has any business deciding who's press and who's not — least of all the Alberta NDP, which has enough problems as it is, chiefly the decimation of oil prices and its own dismal approval ratings.

In Alberta, reporters and

photographers don't even have to be part of the provincial legislative assembly's press gallery (an organization of accredited media) in order to cover news conferences, said gallery president and Calgary Herald reporter Darcy Henton in a statement. He added the gallery's support for "the right of journalists to provide vigorous and diverse" political coverage.

That was a welcome shout-out from the "smug mainstream media" to The Rebel, which posted the statement. Elsewhere on its site, Faith Goldy, a former Sun personality, parodied the fiasco with a "coming out" video as a "real journalist." It's not funny (as she hopes) because it makes fun of LGBTQ people. It's funny because there's no definition of a "real" journalist.

This is an open and free profession. I don't have a degree in it. Anyone can start a news site. In Ottawa, BuzzFeed and Vice are in the press gallery. What I, or anyone, think of The Rebel's ideological slant is immaterial. It should have access to the government, like the rest of us, barring it doesn't break the law.

But the NDP? It can't even practise its own inclusive lefty idealism. Now it's having to review its media policies to save face, and The Rebel (predictably) has threatened to sue. But hey, that's its right.

Inquiry for indigenous women must be focused



Thomas Walkom

The promised inquiry into missing and murdered indigenous women hasn't started yet. But it is already growing in scope.

During the election campaign, Liberal Leader Justin Trudeau vowed to authorize a full public inquiry into the roughly 1,200 aboriginal women and girls who, according to the RCMP, went missing or were murdered between 1980 and 2014.

The aim, as expressed in the Liberal platform, was to come up with concrete recommendations "to solve these crimes and prevent future ones."

But after talking to aboriginal people across Canada, Indigenous Affairs Minister Carolyn Bennett has announced she wants something more.

Specifically, she wants the

inquiry to also determine whether the police have lowballed the number of women and girls murdered. She said she believes there are "way more" than 1,200 victims.

She also told reporters that the inquiry should hear evidence from women who were assaulted but not killed.

At one level, casting a broader net could prove useful. There have been public probes into the murder of indigenous women before. The most recent was British Columbia's two-year investigation into women who disappeared around the time of the Robert Pickton pig-farm murders.

That Missing Women Commission of Inquiry was dismissed by aboriginal critics as too narrow. Bennett, it seems, is trying to avoid this.

She may, however, be in danger of doing the reverse — of making it too broad.

Once started, public inquiries tend to take on a life of

their own. At the best of times, they take years to complete.

Investigating which aboriginal deaths over the past 30 years were homicides could be endless. Yet clearly, Bennett's comments reflect something that can't be dismissed. In essence what she found is many indigenous people trust neither police nor coroners.

She recounted anecdotes — staggering if true — including a Halifax case in which a person shot in the back of the head was ruled a suicide.

Someone in officialdom should look into that allegation. Perhaps Bennett might pass her information on to Nova Scotia's attorney general.

But if the commission of inquiry her government plans to establish is tasked with re-investigating such cold cases, will it have time to do anything else?

Will it lose focus on its primary aim, which according to the Liberals is to stop aborigin-

al women and girls from being murdered or going missing?

I put that question to New Democrat MP and indigenous affairs critic Charlie Angus.

"It is vital we have a fully funded inquiry with the mandate to shed as much light as possible," he wrote in an email. At the same time, he noted "some families may never get the answers they are hoping for ..."

"As a politician, I am wary of presuming to know in advance how many missing women should be on the list, or muse about what cases may merit being reopened."

As a journalist, so am I. But I also think that the issue of missing and murdered indigenous women is not dependent on scale. Whether the number of victims is 1,200 or 4,200, there are just too many.

Thomas Walkom is national affairs columnist for the Toronto Star.

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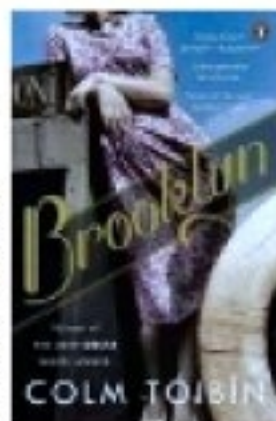
BOOK VS. MOVIE WHICH IS BETTER?

Hollywood's gone book crazy if the latest Oscar noms are anything to go by. Six movies in the best film, best director and best adapted screenplay categories were originally books. Which prompts us to ask the age-old question: which is better, the movie or the book? **TORSTAR NEWS SERVICE**

1 Brooklyn

Based on the 2009 novel by Colm Toibin

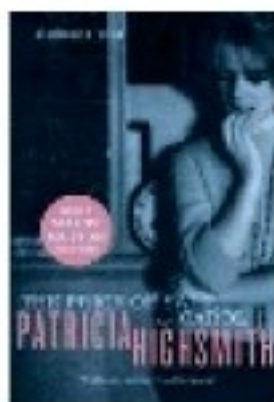
Brooklyn is one of those rare cases in which the novel and film complement each other rather than compete. The film brings a vibrant life to the story, while the novel allows for greater immersion and intensity. Each satisfies on its own, but they're best taken together.



2 Carol

Based on the 1952 novel The Price of Salt by Patricia Highgate

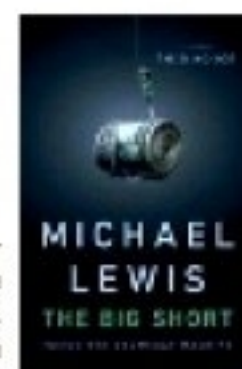
Anyone who sees Carol should also be required to read The Price of Salt, to fully absorb the impact and significance of the story as well as the depth of what these people feel for one another. It's a love that defies convention but also one that is just like anyone else's.



3 The Big Short

Based on the 2010 book by Michael Lewis

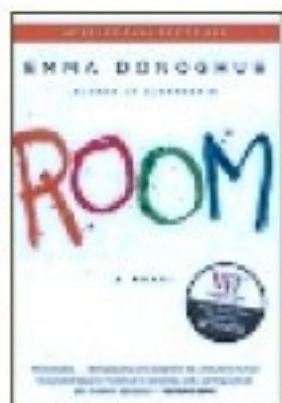
It's always tempting to come down on the side of the book, but a topic of such supreme denseness (we're talking subprime mortgages, collateralized debt obligations and credit-default swaps) needs all the help it can get. So the movie entertains and enlightens more than the book ever could.



4 Room

Based on the 2012 book by Emma Donoghue

The book asks more from us as all books do: to use our imaginations and interpret what we read through our own experience. But the movie was fantastic and evoked all of the emotions experienced while reading the book: fear, disgust, incredulity. So it's a bit of tie.



5 The Revenant

Based in part on the novel The Revenant by Michael Punke

The differences between the book and film are so significant as to raise questions about filmmaker Alejandro Gonzalez Inarritu's motivations. Why a climactic showdown, rather than the ending of the book? Why change Glass's back story to include a native wife and son? The book is a subtler, stronger piece of storytelling, but there is no denying the primal force of the film.



6 The Martian

Based on the 2014 book by Andy Weir

The page-turning plot transfers largely intact from author Weir's page to director Ridley Scott's screen. The movie is the better version of the story. Scott is a master at putting sci-fi sagas and worlds onto the screen, having previously done so with Blade Runner, Alien and Prometheus.



FASHION

From fleeing Kosovo to modeling for Kanye to Halifax home

When she was eight, Hafija Mira didn't know what some mornings would bring as her family sought safety underground as bombs fell around them in Kosovo. Now more than 15 years later, the 24-year-old model and aspiring fashion designer is revelling in newfound fame that has landed her centre stage in Kanye West's orbit. Mira just returned to her adopted home of Halifax from New York Fashion Week, where the former bartender modelled the wares of the musician and clothing designer. She spoke to The Canadian Press:



Hafija Mira. INSTAGRAM/HAFIJA-MIRA/THE CANADIAN PRESS

How did you end up on a stage at Madison Square Garden, modelling the clothes of Kanye West?

I've grown up creating my own creations and one of my

friends had gone to L.A. and had met up with Kanye and mentioned that I sew my own clothing. So it wasn't even about the modelling to begin with. So he went on my In-

stagram and saw everything, and his representative sent me a bunch of emails.

What did the emails say?

It was just, 'Hey, on behalf of Kanye West, we would like to invite you to New York and possibly work with us.' That was last February and they flew me out that week. I got there and did castings and fittings and afterwards we did a photo shoot.

What was it like to meet Kanye West?

He was very, very friendly. He's a great guy, very inspiring. I respect anyone that works hard and follows their passion. I was quite surprised that he already knew who I was before I had even talked to him.

So you've worked for him three times and recently attended the launch of a magazine of his clothing in New York?

I went to the party and I walked in and to my surprise, I learned that I had been chosen to be on the cover of the magazine. It was really cool. They were like huge wall canvases in this huge warehouse and a bunch of different photographers and artists were there.

What's it like to step off the plane in Halifax after all that?

Halifax is always my peace and my calm. I get to come back and relax and unwind and see my family and friends. Whether I go back home to Europe or to New York, any-

where I go I'm always glad to come back to Halifax.

You were very young when you left Kosovo. What are your recollections of living there?

I can tell you every single day that I lived there. It was extremely hard. My family lost everything. The one thing I wish I could tell people is, I wish they could appreciate everything they have here. They're so fortunate here.

Was there fighting taking place near your home?

Yes, we hid, we left our home, we were underground with hundreds of other refugees. We could hear bombs all around us. It was absolutely crazy. My mom would prepare us every night. She would

prepare us every night and we would have jackets on and food nearby that she would prepare the night before just in case we had to leave right away. My mom is the most incredible woman in the world.

You have gone through a lot to get to this point. What do you think when you reflect on where you came from and where you are now?

There was a moment when I was doing the first fashion show, it was pitch black, surrounded by a couple hundred people and I actually teared up and started to cry because I just could not believe where I had come from and all of the things that went into me just standing there alone and it was just quite overwhelming.

THE CANADIAN PRESS

BOOK EXCERPT THE WIDOW BY FIONA BARTON

'My husband died three weeks ago'



Fiona Barton JUSTYN WILLIS

England's Fiona Barton is an international media trainer working in developing countries and was formerly a senior writer for the Daily Mail. She also worked as a news editor at the Daily Telegraph and as chief reporter at The Mail on Sunday. It was her experience covering notorious crimes and trials that inspired her to write *The Widow*, her first novel. *The Widow*, now in stores, is a psychological thriller that gives an acute portrait of a marriage in crisis.

I can hear the sound of her crunching up the path. Heavy footed in high heels. She's almost at the door, hesitating and smoothing her hair out of her face. Nice outfit. Jacket with big buttons, decent dress underneath and glasses perched on her head. Not a Jehovah's Witness or the Labour party. Must be a reporter, but not the usual. She's my second one today — fourth this week, and it's only Wednesday. I bet she says, 'I'm sorry to bother you at such a difficult time.' They all say that and put on that stupid face. Like they care.

I'm going to wait to see if she rings twice. The man this morning didn't. Some are obviously bored to death with trying. They leave as soon as they take their finger off the bell, marching back down the path as fast as they can, into their cars and away. They can tell their bosses they knocked on the door but she wasn't there. Pathetic.

She rings twice. Then knocks loudly in that rap-rap-

rappity-rap way. Like a police man. She sees me looking through the gap at the side of my net curtains and smiles this big smile. A Hollywood smile, my mum used to say. Then she knocks again.

When I open the door, she hands me the bottle of milk from the doorstep and says, 'You don't want to leave that out, it'll go off. Shall I come in? Have you got the kettle on?'

I can't breathe, let alone speak. She smiles again, head on one side. 'I'm Kate,' she says. 'Kate Waters, a reporter from the Daily Post.'

'I'm —' I start, suddenly realizing she hasn't asked.

'I know who you are, Mrs Taylor,' she says. Unspoken are the words: You are the story. 'Let's not stand out here,' she says. And as she talks, somehow, she's come in.

I feel too stunned by the turn of events to speak and she takes my silence as permission to go into the kitchen with the bottle of milk and make me a cup of tea. I follow

her in — it's not a big kitchen and we're a bit of a squeeze as she bustles about, filling the kettle and opening all my cupboards, looking for cups and sugar. I just stand there, letting it all happen.

She's chatting about the units. 'What a lovely fresh-looking kitchen — I wish mine looked like this. Did you put it in?'

It feels like I'm talking to a friend. It isn't how I thought it would be, talking to a reporter. I thought it would be like being questioned by the police. Thought it would be an ordeal, an interrogation. That's what my husband, Glen, said. But it isn't, somehow.

I say, 'Yes, we chose white doors and red handles because it looked so clean.' I'm standing in my house discussing kitchen units with a reporter. Glen would've had a fit.

She says, 'Through here, is it?' and I open the door to the living room.

I'm not sure if I want her here or not — not sure how

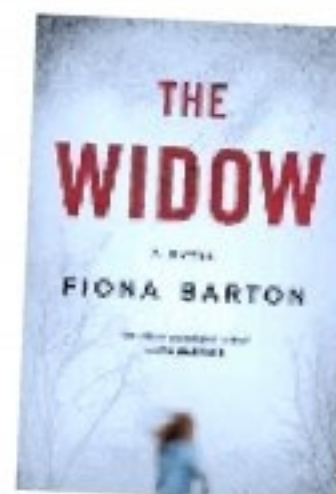
I feel. It doesn't feel right to protest now — she's just sitting and chatting with a cup of tea in her hand. It's funny, I'm quite enjoying the attention.

I get a bit lonely inside this house now that Glen is gone.

And she seems to be in charge of things. It's quite nice really, to have someone in charge of me again. I was beginning to panic that I'd have to cope with everything on my own, but Kate Waters is saying she'll sort everything out.

All I have to do is tell her all about my life, she says.

My life? She doesn't really want to know about me. She hasn't walked up my path to hear about Jean Taylor. She wants to know the truth about him. About Glen. My



husband. You see, my husband died three weeks ago. Knocked down by a bus just outside Sainsbury's. He was there one minute, giving me grief about what sort of cereal I should've bought, and the next, dead on the road. Head injuries, they said. Dead, anyway. I just stood there and looked at him, lying there. People were running round finding blankets and there was a bit of blood on the pavement. Not much blood though. He would've been glad. He didn't like any sort of mess.

Everyone was very kind and trying to stop me seeing his body, but I couldn't tell them I was glad he'd gone. No more of his nonsense.

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NEW BOOK

The many ways to look at a fat girl

Anyone who has ever deleted an unflattering selfie or faced the mirror with a sigh will relate to some aspect of Mona Awad's series of connected stories, *13 Ways of Looking at a Fat Girl*, published by Penguin Canada.

Drawing from personal experience, Awad digs deep into the complexities of body image, and how we see others and ourselves.

She first explored the topic through personal essays, but found real freedom and honesty through fiction. Told through 13 vignettes, the often-funny stories follow tough-minded yet vulnerable suburbanite Lizzie as she transforms from a "fat girl" teenager to a food-obsessed thin woman.

The book travels with young Lizzie from Misery Saga (a.k.a. Mississauga) and the goth clubs of Toronto's Queen West neighbourhood to an adulthood marked by body-conscious health

clubs and boutique clothing stores.

"There are all these different ways in which body image affects our lives," Awad says. "I was interested in how body image affected the dynamics in friendship, and how it affected your relationship to sex, to your husband, to your mother, to clothes and food and yourself, and how that might change — or not — depending on how you feel about your body."

Although Lizzie loses weight and develops into a thin adult, her former self never completely vanishes. She later returns to the plus-sized clothing store Addition Elle, the scene of much teenage distress and frustration with its proliferation of glittery, rhinestone animal-patterned shirts.

In a short, taut story named after the store, Awad deftly sums up the complex emotions many of us face at one point or another

in a dressing room.

"It's just clothes but the relationship is just so charged," says Awad. "Addition Elle really unlocked something for me. There's a lot of anxiety there, a lot of desire, and hope and frustration."

Awad, who grew up in Montreal and Toronto, and is now pursuing her PhD in creative writing and English literature at the University of Denver, wrote *13 Ways of Looking at a Fat Girl* in part because she observed a lack of narratives that handle body image in a way she desired.

"I wanted to explore the underside and complications around transformation, and ask the question: when you change, can you really change? Do you leave a former self behind, or is it still informing the way you are in the world and interact with people, and the way you see yourself?" SUE CARTER/METRO

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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5	2	9	8	1	3	7	4	6
8	7	6	5	9	4	1	2	3
1	4	3	6	2	7	9	5	8
7	5	1	2	6	9	8	3	4
6	3	2	7	4	8	5	1	9
9	8	4	3	5	1	2	6	7
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4	9	7	1	3	5	6	8	2
3	6	5	9	8	2	4	7	1



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MEET THE CONDO

THE RAVINES OF BEDFORTH SOUTH

The scene in the Ravines



Project overview

The extension of Fleetview Drive is being completed with access from the top of Starboard Drive just off Larry Uteck Boulevard. This custom-home development is close to everything from yogurt shops to yoga studios.

Housing amenities

These homes have an efficient, modern design with full natural-gas heat pumps, spray-foam insulation, high-end finishes, quartz countertops and open-concept designs. Bowers Construction builds homes with an "obtainable luxury appeal" with open-concept designs and the newest tech in heating and air-quality practices.

Location and transit

Just off Larry Uteck, with easy access to the 102 Highway, a short drive to all the shopping at Bayers Lake and all the great restaurants, pubs and boutiques of downtown Halifax.

In the neighbourhood

The Larry Uteck neighbourhood provides numerous amenities: Sobeys, NSLC, Good Life, major banks, gas stations and multiple restaurants from fast food to Morris East pizza, sushi and local pubs.

+ NEED TO KNOW

What: The Ravines of Bedford South
Builder: Bowers Construction
Location: Extension of Fleetview Drive
Sizes: 2,800 square feet, four bedrooms and three and a half bathrooms
Pricing: starts at \$429,900 for fully equipped home

Status: The model home will be completed in the summer. Occupancy for the other five lots will be done in late summer or fall 2016
Sales centre: James Higgs, Parachute Realty
 902-830-6749
Info: bowersconstruction.ca

HANDY WORK

Create your own mini garden with these DIY terrariums

Terrariums continue to trend, and for the plant-obsessed urban dweller they are a great small-space solution. A miniature garden under glass is a fun and easy way to add a little greenery to an indoor space. A great gift for a green thumb, all that's required are a few materials from your local garden shop to create a stylish tabletop garden.

Step 1: Gather and shop for the supplies

- Glass containers
- Plants
- Activated charcoal
- Soil
- Small stones or pebbles

Step 2: Add a layer of stones



to the container

Add a 1" (2.5-centimetre) layer of stones or pebbles to a clean, dry glass container. The stones will help provide drainage.

Step 3: Add a layer of charcoal to the container

Add a ½" (about 1 centimetre) layer of charcoal on top of the stones. This will help keep

the soil free from mould.

Step 4: Add soil to the container

Add enough soil to the container to allow your plants to fit comfortably.

Step 5: Add plants

Place your plants in the soil. Add a little extra soil to cover the roots and cover the plants evenly. Place the terrarium in location that gets indirect light. Water lightly and enjoy.

Tip: Terrariums tend to thrive in a well-lit space with indirect light. Don't over-water. If the plants look a little droopy or the soil is dry it is time to lightly water.

TORSTAR NEWS SERVICE



Terrariums are still on-trend and are a great way to bring some green into a small, urban space.

TORSTAR NEWS SERVICE

NHL commissioner Gary Bettman has upheld Calgary Flames defenceman Dennis Wideman's 20-game ban for cross-checking a linesman

Huskies display 'stronger, faster' brand of hockey

AUS PLAYOFFS

Hardie off to winning start in university post-season



Kristen Lipscombe
Metro | Halifax

For physical defenceman Austyn Hardie, lacing up for his rookie season with the Saint Mary's Huskies has meant playing his kind of hockey.

"It's obviously my type of game," the six-foot-one, 198-pounder from Brossard, Que., said Wednesday night after helping the Huskies to a closely played 3-2 win over the Moncton Aigles Bleus at the Halifax Forum.

The 22-year-old who manned the blue line for the Halifax Mooseheads for four seasons is starting off his first-ever Atlantic University Sport playoff run after a solid regular season.

"It's really physical and it's good hockey," the Saint Mary's business student said.

"Playing at this level is an even higher level," Hardie said of AUS action compared to Quebec Major Junior Hockey League play.



Huskies defenceman Kyle Pereira, left, and Moncton Aigles Bleus forward Marc-Anthony Therrien battle for the puck during the AUS playoffs at the Halifax Forum on Wednesday.

JEFF HARPER/METRO

Hardie has notched two goals and two assists, in addition to 34 penalty minutes, in his first year wearing maroon and white.

"The guys are older, bigger and stronger — and we also have a will to compete," he

said.

The Huskies worked hard on Wednesday and scored two goals on the power play.

Third-year forward Stephen MacAulay, who had two points, cracked the scoreboard first with three minutes left in the opening frame.

"It was quick; on the power play, I won the draw back to (Stephen) Gillard and he shot it, and it just came my way," the 23-year-old from Cole Harbour said.

Gillard also had a third-period goal for Saint Mary's, while Anthony Repaci notched a goal and an assist and Ben Duffy had two helpers. Goaltender Cole Cheveldave made 19 saves.

For Moncton, Steve Lebel and Alex Emond scored, while Pierre Durepos and Alex Saulnier both contributed a couple of assists. Goaltender Adrien Lemay made 34 saves.

"We knew they were going to play hard," MacAulay said

+ SCHEDULE

MEN'S QUARTER-FINAL

Game 1: Huskies 3, Aigles Bleus 2

Game 2: Huskies at Aigles Bleus, Friday, 7 p.m.

***Game 3:** Aigles Bleus at Huskies, Sunday, 7 p.m.

WOMEN'S QUARTER-FINAL

Game 1: St. Thomas Tommies 6, Dalhousie Tigers 2

Game 2: Tommies at Tigers, Friday, 7:30 p.m.

***Game 3:** Tigers at Tommies, Sunday, 3 p.m.

Webcast at www.austv.ca

***IF NECESSARY**

of the Aigles Bleus, who will host the Huskies in Game 2 of a best-of-three on Friday.

"It's a tough place to play; they always play well in their building."

Hardie and MacAulay were both members of the 2013 Memorial Cup-winning Mooseheads and hope to add AUS and CIS championships to their resumes this season.

"A lot of people get surprised when they come and see us," Hardie said of AUS puck.

"It's the type of hockey that people like to watch."

MacAulay agreed AUS hockey is "very under-rated."

"This hockey is older guys and former (Q-league) players that are just more mature, stronger and faster."

BASKETBALL

SMU hold court at home

The Saint Mary's Huskies heated up their home court Wednesday night, with the women bouncing cross-town rivals the Dalhousie Tigers 72-49 and the men edging the first-place Tigers 65-55 at the Homeburg Centre for Health and Wellness.

The lady Huskies increased their impressive winning streak to 11 straight, keeping them atop Atlantic University Sport with a 16-1 record, just one loss on the season and 42 points in the standings.

The female Tigers are still fighting for an AUS playoff spot in fifth place, with a 6-12 record and 16 points total.

On Wednesday, Rachelle Coward led the Huskies with 21 points, while Diedre Alexander scored 16 points for the Huskies.

Kemar Alleyne put up 18 points for Saint Mary's, while Kashrell Lawrence scored the same for Dalhousie.

For the fifth-place male Huskies, Wednesday night's victory over the first-place Tigers was huge, breaking Dal's winning streak and helping them secure an AUS playoff berth.

The Huskies have a 9-8 record with 24 points, compared to the top-ranked Tigers with a 12-6 record and 34 points total.

The AUS basketball regular season concludes Feb. 27.

KRISTEN LIPSCOMBE/METRO



If they want to see some good hockey, they should come out to see us.

Saint Mary's Huskies defenceman Austyn Hardie

AUS FOOTBALL

Colzie III named new head coach of storied club

The Huskies have their man. The Saint Mary's Huskies announced Wednesday that James Colzie III will serve as the new head coach of the Halifax university's storied football team.

Colzie comes from the University of British Columbia, where he most recently served as defensive co-ordinator and defensive backs coach.

"I am excited and honoured

to be chosen to lead the Saint Mary's football program," Colzie said in a Saint Mary's University news release.

"There is a long-standing tradition of excellence both on and off the field at Saint Mary's and I look forward to continuing that tradition and bringing football back to prominence in the CIS."

Colzie replaces Perry Marchese, who was fired fol-



James Colzie III
CONTRIBUTED

lowing two winless seasons; a first in Saint Mary's football history.

Colzie has served as defensive co-ordinator, special teams co-ordinator and defensive backs coach at Simon Fraser University and held several positions south of the

border at schools such as Florida State University, Valdosta State University, the University of West Georgia and Southern Arkansas University.

As a player, Colzie won a national championship with Florida State where he was starting corner. He has also helped recruit and develop several CFL and NFL players, according to the news release.

"I'm very excited for the

future of the Huskies football program with Coach Colzie leading it," Saint Mary's director of athletics and recreation Kevin Downie said in the release.

"Coach Colzie's vast experience in football as a player and a coach, and his experience as a recruiter, make him the right fit to lead the Huskies football program."

KRISTEN LIPSCOMBE/METRO

IN BRIEF

Iggy sinks Habs in third

Jarome Iginla broke a tie with 2:03 left with his second goal of the game in the Colorado Avalanche's 3-2 victory over the Montreal Canadiens on Wednesday night.

Iginla nearly had another goal in the second period, but it was waved off for goaltender interference. He has 17 goals this season to push his career total to 606.

Andrei Markov and Lars Eller scored for the Canadiens as they finish winless on a three-game trip.

THE ASSOCIATED PRESS

Wordsearch

D R A M A D R A D D
R R D A R A M A M R
A M A A D R A M A A
D A M M R A M D A M
R A A D A M M A A
C O R O N A T I O N
S T R E E T M A A D
A D R A M A D M R A

+ OMG: NETHERLANDS OPENS "POOP BANK"

Dutch researchers have now opened the country's first "poop bank" in a rare and cutting-edge branch of medicine to treat people with chronic gut infections.

"Our poop bank will help give doctors and hospitals access to transplants of fecal matter," Ed Kuijper, professor of microbiology at Leiden University, told AFP.

The Netherlands Donor Feces Bank (NDFB) will collect, store and distribute the stools necessary to help with such transplants.

Often this is the "only

solution for people suffering from chronic intestinal infections, and in particular Clostridium difficile (CD)," a bacteria which can develop in patients particularly after lengthy and heavy courses of antibiotics, Kuijper said.

"Certain antibiotics destroy intestinal flora which allows bacteria to develop and spread," he explained.

"Transplants of fecal matter allow healthy bacteria to be put back into the body, which then spread in the intestines and recreate healthy flora in the gut."

There are about 3,000 people diagnosed with CD annually in the Netherlands, and about five percent of cases become chronic. About three to four transplants of fecal material are carried out in the country every month.

Donors must be "in good health, neither too overweight or too skinny and must have good intestinal flora," said Kuijper.

Unlike in the U.S., where the first two poop banks were opened last year, donors are not paid. AFP

Find the words:

DRAMA DRAMA
DRAMA DRAMA
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* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20

You should feel an easing of the restrictions, especially financial restrictions, that you have been laboring under in recent weeks. However, that is not an excuse to go on a spree.

Taurus April 21 - May 21

You have important things to do and only a limited amount of time in which to do them. But sharing the load with friends and colleagues will mean sharing the rewards as well.

Gemini May 22 - June 21

Keep a cool head and don't let anyone tempt you to do something silly. The planets will put some way-out ideas into your head over the next 24 hours but, on this occasion, they are the kind of ideas you must reject.

Cancer June 22 - July 23

You know you're in the right and you know that no one can stop you from following the path you've chosen to take. So why do you still hesitate?

Leo July 24 - Aug. 23

Money worries seem to be on your mind a lot of late but there is no reason to panic. What is the worst that could happen? And if it did happen, would it really be so bad? Expect some positive financial news.

Virgo Aug. 24 - Sept. 23

You may think you understand what makes a partner tick but something will happen that makes you realize just how little you really know about them. Never mind. You will get the chance to know them better.

Libra Sept. 24 - Oct. 23

Get over the idea that you must do it all on your own, especially on the work front. No matter how ambitious you are you'll reach a point when you can't go further without assistance. Ask for it and you will get it.

Scorpio Oct. 24 - Nov. 22

Know what you're getting yourself in for before backing someone else's creative venture. Just because you trust them does not mean they know what they're talking about.

Sagittarius Nov. 23 - Dec. 21

Minor disagreements could easily get out of hand over the few days, so think before you speak and, if someone says something you do not agree with, don't make an issue of it.

Capricorn Dec. 22 - Jan. 20

It may seem as if the world is gang-ing up on you but that is an illusion and you know it. Others are not blaming you for what has gone wrong, they are just pointing out where they think you could have done better.

Aquarius Jan. 21 - Feb. 19

Don't worry if your cashflow is weak, because when the Sun changes signs tomorrow you will find new ways to make money. Of course, that will only be of benefit if you don't find ways to immediately spend it!

Pisces Feb. 20 - March 20

The Sun enters your sign tomorrow you will enjoy a surge of energy. Today, however, you should take things easy and make your plans.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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RECIPE Sweet Corn Fritters



PHOTO: MAYA VISNIEI

Ceri Marsh & Laura Keogh
For Metro Canada



- 1/4 tsp salt
- 2 Tbsp grape seed oil

Directions

1. In a medium sized mixing bowl, whisk the eggs and corn together. Stir in the carrot, zucchini and green onion. Add the flour and salt and mix well.
2. Heat oil in a large skillet over medium heat and then drop heaping tablespoons of batter into skillet. Press down on the batter to form a pancake.
3. Cook the pancake until it's golden brown and then flip and cook on the other side.
4. Remove pancakes from the pan and place on paper towel. Serve with sour cream, a sprinkle of green onions and a side salad.

FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

Using pantry staples and a few fresh ingredients, these corn fritters remind us of the goodness of summer's sweet corn on a chilly, wintery night.

Ready in

Prep time: 10 minutes
Total time: 30 minutes

Makes: 14 silver dollar-sized cakes

Ingredients

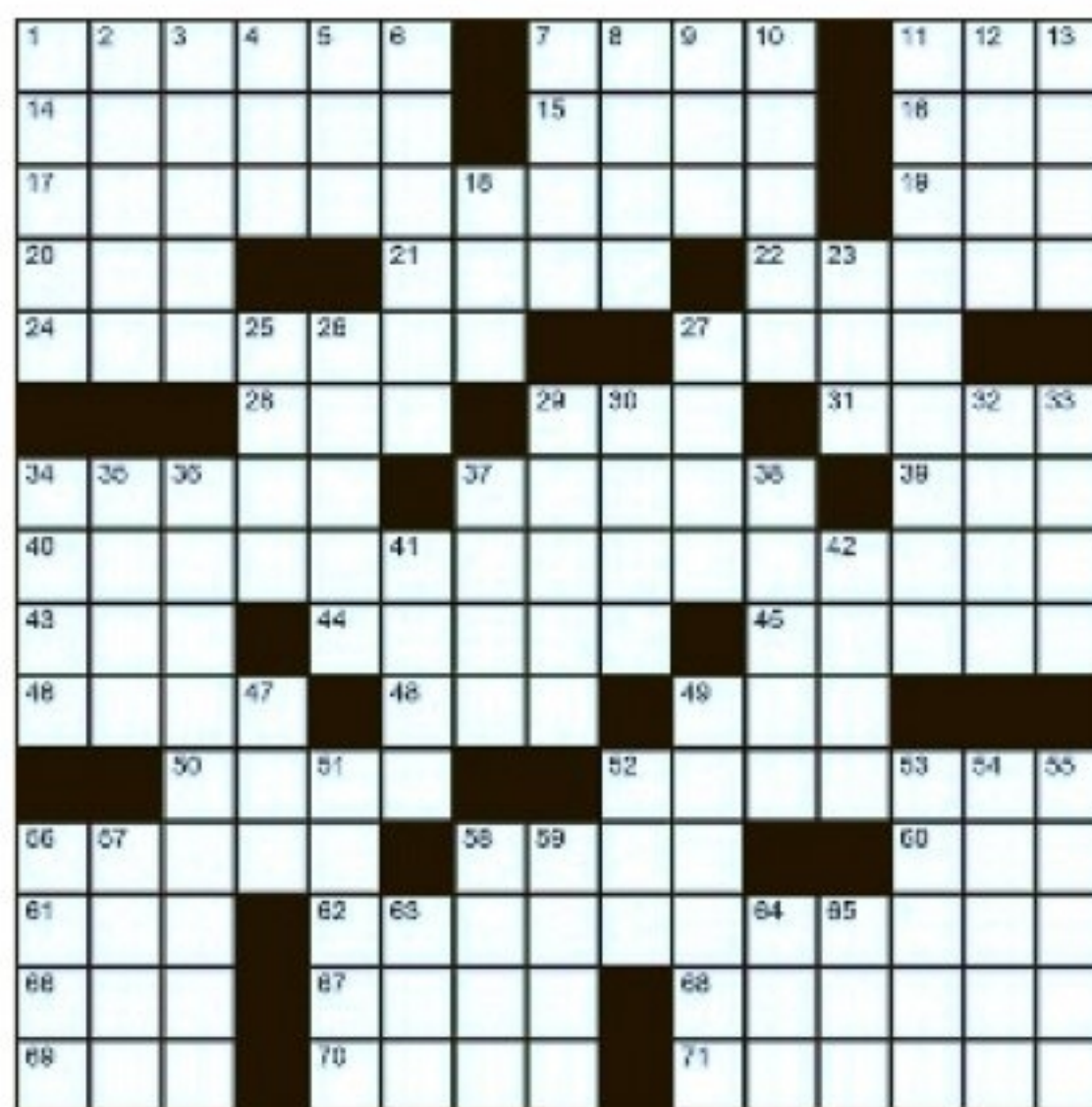
- 2 cups frozen corn
- 2 eggs
- 1 zucchini, grated
- 1 carrot, grated
- 1/4 cup thinly sliced green onion, plus more for garnish
- 1/2 cup spelt flour

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. '80/290 __': Brand new album by #7-Across which reimagines hit tunes from 1980 to 1990
7. Alan __, Canadian singer/songwriter
11. Fellowship [abbr.]
14. Shakespeare: King of Naples in The Tempest
15. 'Chick' suffix
16. Ms. Zadora
17. Shreddies: 2 wds.
19. __ tree
20. Eden lady
21. Life planet perhaps
22. "Someday" on #1-Across was a 1986 hit for #7-Across' band __ Tiger
24. Canadian distiller, Joseph E. __ (b.1841 - d.1919)
27. Nobleman
28. Ballroom judge Mr. Goodman
29. Whoopi Goldberg's Oscar-winning role in "Ghost" (1990), __ Mae Brown
31. "Star Trek" episode, __ Time
34. 1940s jazz
37. Canadian __ Company
39. Trellis plant
40. Area for 'Arrivals' or 'Departures' on CBC show "Hello Goodbye": 2 wds.
43. Pique
44. Symbolic pole
45. Basket-mak-



- ing fibre
46. Virtually
48. "The __ Squad"
49. Mister, in India
50. Retain
52. Error
56. Orange variety
58. Plaintiff
60. Mariner's dir.
61. Mode's 2-word intro
62. "Don't You For-

- get About Me" on #1-Across was originally a 1985 hit for what band?: 2 wds.
66. 'Oldes' partners in pub names
67. __ out a living
68. In, in other words
69. Established
70. Like Mother Nature's mor-

- ning coat
71. Music enhancer

DOWN

1. Rushes
2. Student: French
3. __ suit (Didn't dress casually)
4. 'Salt' suffix
5. U.S. intelligence org.
6. Sweater sleeve

- style
7. Jamie of "M*A*S*H"
8. Suggested nutritional amts.
9. 'Velvet' suffix
10. Lemon __ (Food flavourer)
11. Wrigley's gum flavour
12. Petroleum
13. Photography

- needs, briefly
18. Slamming sound!
23. Farm field
25. Lunchtime lumpful
26. Transplant in the greenhouse
27. Catherine __ (Wife of Henry VIII)
29. Chose
30. Regard
32. President's __ Office
33. Reality star Ms. Richards (Paris Hilton's aunt)
34. "Mission: Impossible" actress Barbara
35. Emerald entity
36. When #17-Across gets served usually
37. Mr. Preminger
38. Mideast chieftains [var. sp.]
41. Lark about
42. Ancient Egyptian goddess
47. NHL official
49. Sea nymphs
51. Alleviated
52. Funnyman Mr. Brooks
53. Luciano Pavarotti's voice
54. Provide, as with a trait
55. Basil/pine nuts sauce
56. T.O. baseballers
57. Sailing side
58. Type of diving duck
59. __-daisy
63. 34th Pres.
64. Word: French
65. 'Meteor' suffix



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